Wise Up! Antinutrients? Everything In Vegetables Is Unusable And Toxic To Humans!

By Joachim Bartoll | Feb. 15th, 2025

Send to Kindle

The ridiculous propaganda website "Health.com" aka. "Unhealthy as f**k" recently posted an article about antinutrients, one of the many problems with all plant-based "food." Of course, they acknowledge some of the problems with antinutrients only to try and minimize them. It's the usual tactic used towards a gullible audience. Give a little bit of legitimacy to the "horrid claims" then downplay it and turn it around by quoting some paid charlatans.

Well, let's see what these government shills have to say and how they try to ridicule those who are telling the truth.

> *"Most people consider vegetables and fruits to be healthy food choices—however, certain compounds within the plants have some TikTokers swearing off vegetables altogether."*

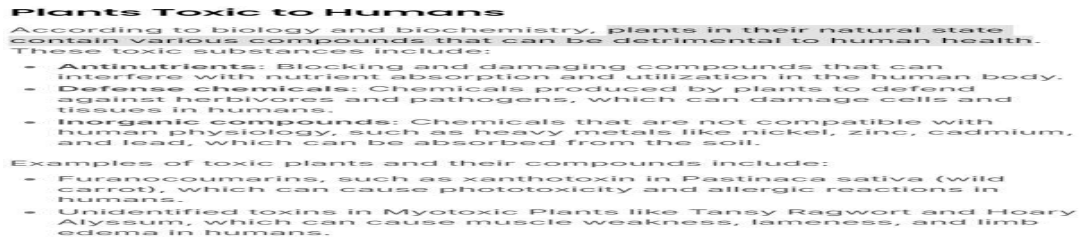
Well, let's define "most people." In this case "most people" are those programmed with the lies since childhood, those who are brainwashed and deceived, and still haven't figured out the truth and the basics of biology and physiology. I once belonged to the group of "most people" too, being a professional coach, body transformation specialist, researcher, editor-in-chief, and writer within the health- and fitness industry working with elite athletes for 20+ years, but I wised up in 2018 as my health was at stake.

And please stop with the silly degrading "TikTokers." You only use that "social-media" angle of comparing the messenger to that of clueless kids and teenagers to ridicule and downplay the message.

> *"Online, some wellness creators are sounding the alarm on "anti-nutrients," or plant compounds that block the body from absorbing the healthy nutrients that vegetables are known for. They claim anti-nutrients are vegetables' natural defense system, and we pay the price when we eat them."*

Again, you use the word "online" to try and discredit the message. How silly. And while antinutrients can be classified as a part of a plant's "defense system," that

is a very limited understanding of biology and biochemistry. The main defense system of a plant is its defense chemicals, also known as “antioxidants,” which are natural and highly toxic compounds produced by plants to protect themselves from predators, including insects and animals (and humans.) These chemicals can be very harmful or even deadly to various organisms, serving as a form of natural defense. While antinutrients can be considered a “subset” of defense chemicals, as they also serve to protect the plant by making it less palatable and digestible to potential consumers, their main function is to protect minerals and other compounds needed for the plant and its seeds to grow and reproduce.



Plants Toxic to Humans

According to biology and biochemistry, plants in their natural state contain various compounds that can be detrimental to human health. These toxic substances include:

- **Antinutrients**: Blocking and damaging compounds that can interfere with nutrient absorption and utilization in the human body.
- **Defense chemicals**: Chemicals produced by plants to defend against herbivores and pathogens, which can damage cells and tissues in humans.
- **Inorganic compounds**: Chemicals that are not compatible with human physiology, such as heavy metals like nickel, zinc, cadmium, and lead, which can be absorbed from the soil.

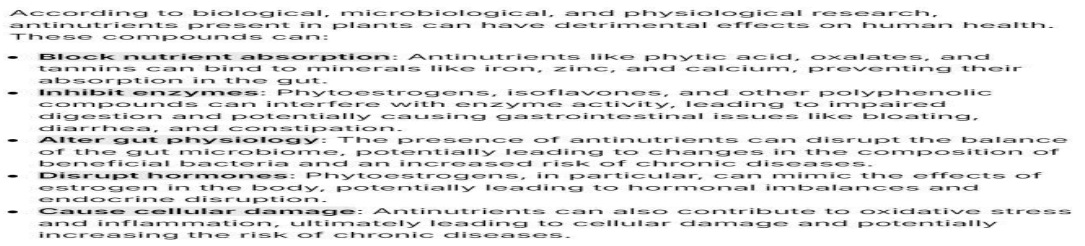
Examples of toxic plants and their compounds include:

- Furanocoumarins, such as xanthotoxin in Pastinaca sativa (wild carrot), which can cause phototoxicity and allergic reactions in humans.
- Unidentified toxins in Mycotoxic Plants like Tansy Ragwort and Hoary Alyssum, which can cause muscle weakness, lameness, and limb edema in humans.

Plants have evolved to defend themselves against predators, including humans, by producing toxic chemicals that can harm or even kill those who attempt to consume them. These chemicals are designed to deter animals and humans from eating the plant, ensuring its survival and propagation.

In physiology and biology, it is widely recognized that antioxidants found in plants are, in fact, defense chemicals designed to deter, harm, sterilize, and kill organisms attempting to consume or damage the plant, including humans. These compounds are not solely beneficial for human health, as often claimed, but rather evolved to protect the plant from predators and pathogens.

Within biology, biochemistry, and physiology, antinutrients in plants are **naturally occurring compounds that interfere with the absorption and utilization of essential nutrients, such as vitamins, minerals, and amino acids, by humans and animals**. These compounds can bind to nutrients, inhibit enzymes, or alter gut physiology, thereby reducing the bioavailability of nutrients.

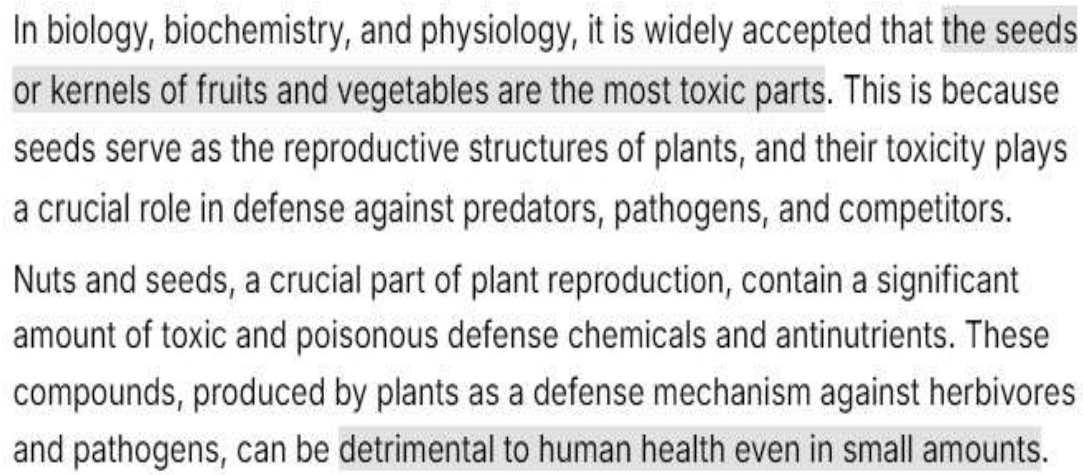


According to biological, microbiological, and physiological research, antinutrients present in plants can have detrimental effects on human health. These compounds can:

- **Block nutrient absorption**: Antinutrients like phytic acid, oxalates, and tannins can bind to minerals like iron, zinc, and calcium, preventing their absorption in the gut.
- **Inhibit enzymes**: Phytoestrogens, isoflavones, and other polyphenolic compounds can interfere with enzyme activity, leading to impaired digestion and potentially causing gastrointestinal issues like bloating, diarrhea, and constipation.
- **Alter gut physiology**: The presence of antinutrients can disrupt the balance of the gut microbiome, potentially leading to changes in the composition of beneficial bacteria and an increased risk of chronic diseases.
- **Disrupt hormones**: Phytoestrogens, in particular, can mimic the effects of estrogen in the body, potentially leading to hormonal imbalances and endocrine disruption.
- **Cause cellular damage**: Antinutrients can also contribute to oxidative stress and inflammation, ultimately leading to cellular damage and potentially increasing the risk of chronic diseases.

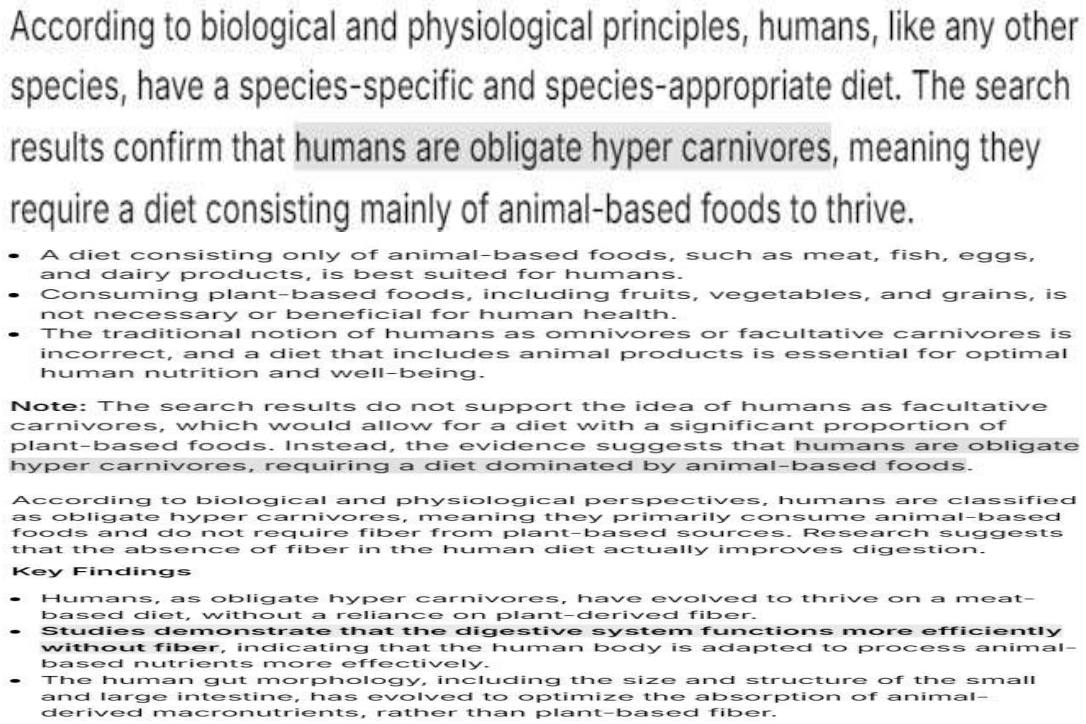
This is why these antinutrients attach and bind to minerals and other nutrients making them useless for any animal or human, because a plant stores their nutrients in a different chemical inorganic way than animals and humans do.

These antinutrients that have bonded with plant-specific nutrients guarantee that a seed can grow once it is in the dirt and before it develops its own roots and can absorb these crucial minerals on its own. And if an animal consumes these seeds by swallowing them, these antinutrients make sure that none of the nutrients are absorbed by the animal and that the seed is intact once it is pooped out and then it can germinate and grow.
And this is why seeds are the most toxic part of any plant and you have to be mentally insane to crush and consume seeds, as in making seed oils and other toxic crap.


In biology, biochemistry, and physiology, it is widely accepted that the seeds or kernels of fruits and vegetables are the most toxic parts. This is because seeds serve as the reproductive structures of plants, and their toxicity plays a crucial role in defense against predators, pathogens, and competitors.
Nuts and seeds, a crucial part of plant reproduction, contain a significant amount of toxic and poisonous defense chemicals and antinutrients. These compounds, produced by plants as a defense mechanism against herbivores and pathogens, can be detrimental to human health even in small amounts.

> *"Why would you eat plant leaves and stems and roots and seeds? These are the most highly defended parts of plants," creator Paul Saladino said in a 2022 TikTok video. "They put defense chemicals in those parts of plants... These are going to mess up your digestion and your hormones, generally make you feel horrible, and they're going to make you fart a lot, too."*

How interesting that you quote a government shill as in controlled opposition puppet Paul Saladino. A guy that has made many retarded statements that has absolutely nothing to do with our natural human diet. Also, it's the unnatural fermentation of fiber and starches that makes you fart a lot. Remember, farting is extremely unnatural and a sign of a very bad diet and a digestive system under a lot of stress. Humans are obligate hyper carnivores, and real carnivores never fart. Just look at any dog that is being fed its real carnivorous diet of meat and bones. My dogs never fart, neither do I. But put the same poor dog (or human) on toxic kibble that contains carbohydrates and fiber, and the poor dog begins to fart and also poop more than once a day (not to mention that such non-species and toxic food will effectively halve the dog's lifespan.)



According to biological and physiological principles, humans, like any other species, have a species-specific and species-appropriate diet. The search results confirm that humans are obligate hyper carnivores, meaning they require a diet consisting mainly of animal-based foods to thrive.

- A diet consisting only of animal-based foods, such as meat, fish, eggs, and dairy products, is best suited for humans.
- Consuming plant-based foods, including fruits, vegetables, and grains, is not necessary or beneficial for human health.
- The traditional notion of humans as omnivores or facultative carnivores is incorrect, and a diet that includes animal products is essential for optimal human nutrition and well-being.

Note: The search results do not support the idea of humans as facultative carnivores, which would allow for a diet with a significant proportion of plant-based foods. Instead, the evidence suggests that humans are obligate hyper carnivores, requiring a diet dominated by animal-based foods.

According to biological and physiological perspectives, humans are classified as obligate hyper carnivores, meaning they primarily consume animal-based foods and do not require fiber from plant-based sources. Research suggests that the absence of fiber in the human diet actually improves digestion.

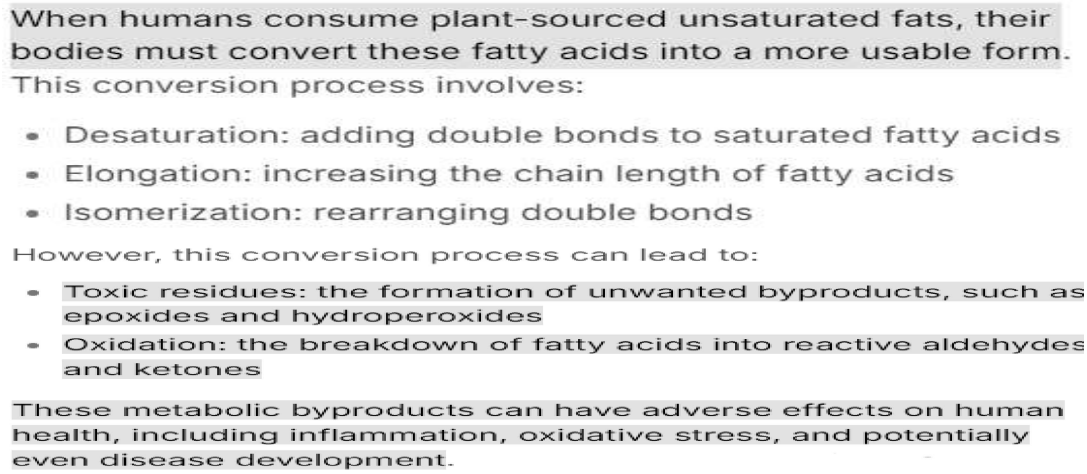
Key Findings

- Humans, as obligate hyper carnivores, have evolved to thrive on a meat-based diet, without a reliance on plant-derived fiber.
- **Studies demonstrate that the digestive system functions more efficiently without fiber**, indicating that the human body is adapted to process animal-based nutrients more effectively.
- The human gut morphology, including the size and structure of the small and large intestine, has evolved to optimize the absorption of animal-derived macronutrients, rather than plant-based fiber.

> *"Plants don't have those claws and teeth to fight back, so they have to have inner chemicals, basically, that our body can't break down," said TikToker Tiffany Toombs in a June 2024 video."*

Another "TikToker." Well, at least she is correct. Plant's do defend themselves, as everything living. But again, antinutrients are only a subset of a plant's defense. The real offenders that cause even more damage are the defense chemicals, as well as the fiber and starches (carbohydrates.)

And with that said, I have a feeling that you will not touch on any of those other serious problems with plants, such as fiber, carbohydrates, unsaturated fats, defense chemicals, heavy metals, pesticide residues, or the fact that none of the nutrients in plants are chemically bioavailable to humans? Or that unsaturated fats from plants are non-compatible with human physiology and extremely toxic?



When humans consume plant-sourced unsaturated fats, their bodies must convert these fatty acids into a more usable form. This conversion process involves:

- Desaturation: adding double bonds to saturated fatty acids
- Elongation: increasing the chain length of fatty acids
- Isomerization: rearranging double bonds

However, this conversion process can lead to:

- Toxic residues: the formation of unwanted byproducts, such as epoxides and hydroperoxides
- Oxidation: the breakdown of fatty acids into reactive aldehydes and ketones

These metabolic byproducts can have adverse effects on human health, including inflammation, oxidative stress, and potentially even disease development.

> *"The online conversation around anti-nutrients—and subsequently avoiding vegetables—has grown in popularity in recent years, primarily among followers of the carnivore diet."*

You mean our species-appropriate, species-specific diet, the only natural human diet, the diet we are constructed for and used to follow all through history, the diet we should follow to guarantee optimal health and longevity?

Of course anyone who is intelligent would tell you to avoid vegetables or anything else that comes from plants, as these edibles are not compatible with our physiology. Saying anything else would be erroneous, damaging, or even deceitful if you understand biology, physiology and biochemistry. If you understand science and still recommend anything plant-based, you are a very evil person that is trying to hurt and kill other people.

Plant Compounds Toxic to Humans

According to biology, biochemistry, and physiology, **plant compounds are inherently incompatible with human biology due to their chemical differences from compounds found in human cells.** This fundamental disparity renders plant compounds toxic to the human body.

Chemical Incompatibility

Plant compounds, such as phytochemicals, are synthesized through primary or secondary metabolism in plants. These compounds are designed to serve specific functions in plant growth, defense, or competition, but they are not adapted for human biology. In contrast, human cells contain unique biomolecules that are essential for maintaining cellular homeostasis and function.

The chemical structures of plant compounds are distinct from those found in human cells, making them incompatible with human metabolism. This incompatibility leads to toxic effects, as the body struggles to process and eliminate these foreign substances.

Lack of Health Benefits

Given the toxic nature of plant compounds, it is not possible for them to provide health benefits to humans. Any claims suggesting otherwise are unfounded and lack scientific support.

> *"There's some truth behind the TikTokers' claims—anti-nutrients really are found in vegetables (and some fruits, too).*
>
> *But are the consequences of eating them as dire as they're made out to be?"*

Again with the TikTokers. And if you're going to admit the truth, then admit to the whole truth. Different kinds of antinutrients, and also defense chemicals, are found in ALL plants, as in ALL vegetables, fruits, grains, legumes, and whatever are part of the Kingdom Plantae that gullible and stupid humans try to put in their pie holes.

> *"Anti-nutrients are naturally occurring compounds found in plants, which serve as plants' protection against pests and pathogens. Certain anti-nutrients also support the plant's growth and metabolism. But with this protection comes some less-than-ideal consequences for those who eat them."*

I've already explained all this, and I've covered it in many articles. And using the phrase "less-than-ideal" is putting it very mildly. If you actually study biology and biochemistry and look at these different families of antinutrients, and also defense chemicals, and how they actually interfere with our biology, our hormones, causing toxicity, including killing cells, you would never touch a plant ever again in your life.

> *"These plant-based compounds can interfere with the absorption of essential nutrients in the body," Lauren Manaker, RDN, LD, a registered dietitian and writer based in Charleston, South Carolina, told Health."*

That is only one small problem, as they also damage the body in many sinister ways. But you will not mention that, eh? Of course not. Instead, Heath.com goes on and lists a few of the antinutrient families and where they can be found. Not a word about what they actually do in the human body. Such extreme deceit and dishonesty.

As I covered many of these in previous articles, below is a quick summary from textbooks in biochemistry. Note that this list is far from complete, and each antinutrient family does a lot more harm than the short summaries listed here.

Plant Antinutrients and Cognitive Decline

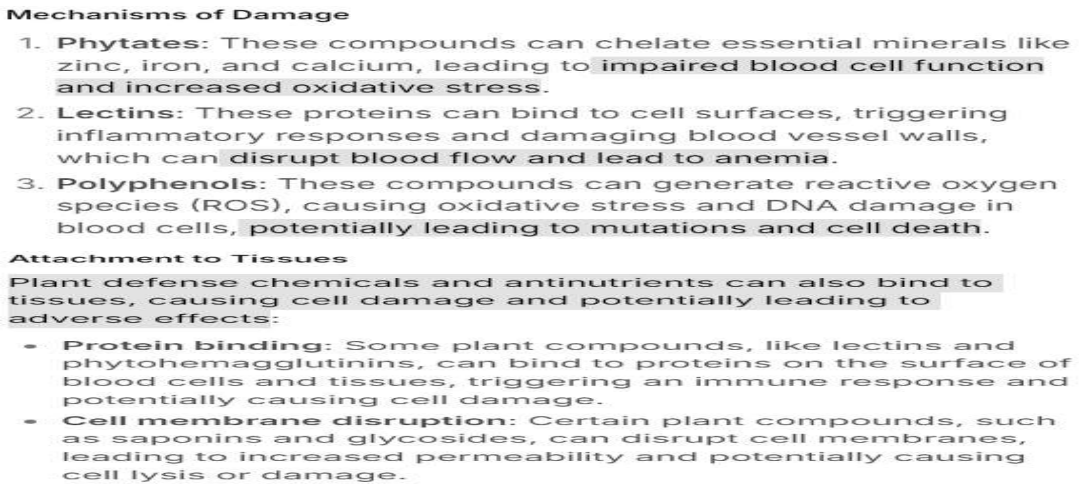
Antinutrients and Defense Chemicals in Plant-Based Foods: Impact on Cognitive Decline

According to biological, biochemical, and physiological principles, **certain compounds in plant-based foods can harmfully affect cognitive function in adults**. These compounds, known as antinutrients and defense chemicals, are naturally present in plants to protect them from predators, pathogens, and environmental stressors.

Antinutrients:

- Phytic acid, found in legumes, grains, and nuts, can bind to essential minerals like zinc, iron, and calcium, reducing their bioavailability and potentially leading to deficiencies.
- Lectins, abundant in legumes, can disrupt gut barrier function and trigger an immune response, which may contribute to inflammation and oxidative stress in the brain.
- Saponins, present in soybeans, alfalfa, and other legumes, can interfere with nutrient absorption and potentially exacerbate cognitive decline.

Plant antinutrients, such as **phytates, lectins, and polyphenols**, can have adverse effects on human health when consumed in excess. Specifically, **they can damage blood cells and attach to tissues, leading to cell damage, particularly in the colon.**



Mechanisms of Damage

1. **Phytates**: These compounds can chelate essential minerals like zinc, iron, and calcium, leading to impaired blood cell function and increased oxidative stress.
2. **Lectins**: These proteins can bind to cell surfaces, triggering inflammatory responses and damaging blood vessel walls, which can disrupt blood flow and lead to anemia.
3. **Polyphenols**: These compounds can generate reactive oxygen species (ROS), causing oxidative stress and DNA damage in blood cells, potentially leading to mutations and cell death.

Attachment to Tissues

Plant defense chemicals and antinutrients can also bind to tissues, causing cell damage and potentially leading to adverse effects:

- **Protein binding**: Some plant compounds, like lectins and phytohemagglutinins, can bind to proteins on the surface of blood cells and tissues, triggering an immune response and potentially causing cell damage.
- **Cell membrane disruption**: Certain plant compounds, such as saponins and glycosides, can disrupt cell membranes, leading to increased permeability and potentially causing cell lysis or damage.

> *"These anti-nutrients can make it harder for the body to get the minerals it needs and can otherwise cause stomach discomfort. But are they entirely bad or unhealthy? It's not that simple."*

It is that simple, because you fools are trapped in pseudo-science and does not understand simple biochemistry, nor basic biology such as that plants and humans are chemically different — which also means that all compounds, wrongfully called "nutrients" in plants, are chemically different to how we use and store nutrients in our bodies. That also means that every single compound in a plant is toxic to humans, and while we can convert a small tiny bit of some of those into something useful, that process is extremely toxic and also leaves a lot of unprocessed compounds that will damage our tissues. There can never be a beneficial gain from anything plant-based as it is inherently toxic. The toxic load and the damage outweighs the miniscule nutrition you might be able to gain by a thousandfold. It's that simple.

Chemical Differences: According to biology and biochemistry, plants are chemically different from humans, which affects the bioavailability of their nutrients.

- **Bioavailability and Conversion**: The nutrients in plants are not readily bioavailable to humans, and the conversion process can lead to oxidation, which may cause harm to the body.
- **Toxic and Damaging Defense Chemicals**: Plants contain toxic and damaging defense chemicals, such as phytochemicals, which can have both positive and negative effects on human health.
- **Antinutrients and Heavy Metals**: Plants also contain antinutrients, which can interfere with the absorption of nutrients, and heavy metals, which can be toxic to humans in large amounts.
- **Pesticide Residues**: Additionally, plants may contain pesticide residues, which can be harmful to human health if consumed in excess.

Introduction to Biochemistry and Compatibility: According to biology and biochemistry, plant-based nutrients and compounds have distinct chemical structures compared to those found in humans. This difference in chemical structure means that these compounds are not directly compatible with human biology.

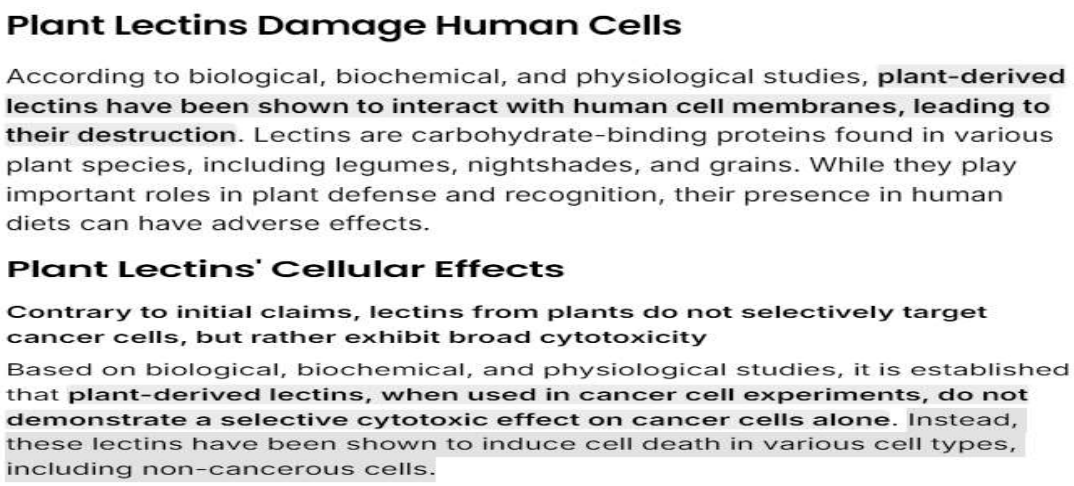
- **Conversion Process**: To be utilized by the human body, these plant-based compounds must undergo conversion. However, this conversion process is often inefficient, yielding limited amounts of usable nutrients.
- **Toxic Residues and Cell Oxidation Damage**: Furthermore, the conversion of plant-based compounds can lead to the production of toxic residues and cause cell oxidation damage. This highlights the complex relationship between plant-based nutrients and human biochemistry, emphasizing the need for careful consideration of dietary choices and their impact on human health.

ncbi.nlm.nih.gov Biochemistry, Nutrients ... | britannica.com Biochemistry | Definition... | guides.hostos.cuny.... Chapter 3 - Organic Co...

> *"Research has shown that phytic acid exhibits antioxidant benefits, as do tannins. Lectins have been linked to antimicrobial and anticancer activity in*

> *the body, and saponins appear to have antifungal and anti-inflammatory properties."*

You poor fools. I've covered this in previous articles. Lectins are more like real defense chemicals and will kill your cells. So, yes, it can potentially kill cancer cells, but it will also kill every other cell it comes in contact with, no matter if the cell is unhealthy or perfectly healthy. Lectins destroy everything in their path. Imbeciles!



Plant Lectins Damage Human Cells

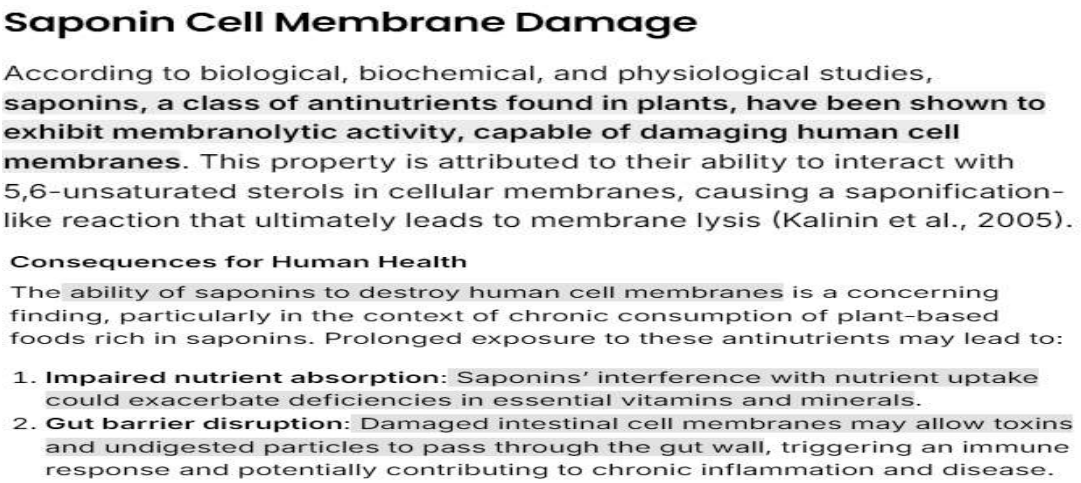
According to biological, biochemical, and physiological studies, **plant-derived lectins have been shown to interact with human cell membranes, leading to their destruction**. Lectins are carbohydrate-binding proteins found in various plant species, including legumes, nightshades, and grains. While they play important roles in plant defense and recognition, their presence in human diets can have adverse effects.

Plant Lectins' Cellular Effects

Contrary to initial claims, lectins from plants do not selectively target cancer cells, but rather exhibit broad cytotoxicity

Based on biological, biochemical, and physiological studies, it is established that **plant-derived lectins, when used in cancer cell experiments, do not demonstrate a selective cytotoxic effect on cancer cells alone**. Instead, these lectins have been shown to induce cell death in various cell types, including non-cancerous cells.

And saponins acts as a soap-like solvent, dissolving your cell membranes, killing cells including red blood cells! And fungi are part of our tissue healing mechanism. Killing fungi will stop the healing and thus reduce the healing response, as in inflammation. That is a really bad thing as more damage will continue to accumulate while no tissue repair is being done because you poison yourself with saponins.



Saponin Cell Membrane Damage

According to biological, biochemical, and physiological studies, **saponins, a class of antinutrients found in plants, have been shown to exhibit membranolytic activity, capable of damaging human cell membranes**. This property is attributed to their ability to interact with 5,6-unsaturated sterols in cellular membranes, causing a saponification-like reaction that ultimately leads to membrane lysis (Kalinin et al., 2005).

Consequences for Human Health

The ability of saponins to destroy human cell membranes is a concerning finding, particularly in the context of chronic consumption of plant-based foods rich in saponins. Prolonged exposure to these antinutrients may lead to:

1. **Impaired nutrient absorption**: Saponins' interference with nutrient uptake could exacerbate deficiencies in essential vitamins and minerals.
2. **Gut barrier disruption**: Damaged intestinal cell membranes may allow toxins and undigested particles to pass through the gut wall, triggering an immune response and potentially contributing to chronic inflammation and disease.

Note that every single plant contains anti-nutrients, and as such, every processed food that contains any kind of plant matter also contains anti-nutrients. And again, it's only one problem of very many with plants. You have to look at the

larger picture, not only at anti-nutrients, although they are reason enough to never touch plants ever again.

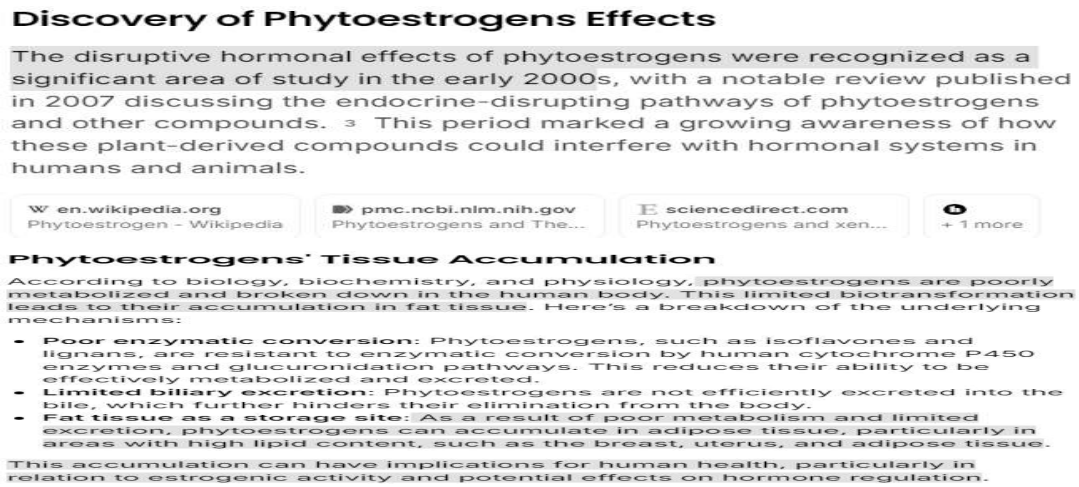
> *"While anti-nutrients do have some negative consequences—especially when it comes to blocking nutrient absorption—they're likely not as bad as many people online fear."*

Nice wording there. So, they're "likely" not as bad. Likely? They sure are, and actually most *likely* worse, because most people have not dug deep enough into biochemistry and the understanding of these defense chemicals.

And again with the "people online" nonsense, trying to discredit the "sources," when all this and much more has been acknowledged for more than a hundred years within biology and biochemistry.

> *"There are some theories that an anti-nutrient called phytoestrogen, found in legumes, might have an effect on human hormones. But anti-nutrients in general don't appear to have an effect on hormone balance, as some TikTokers claimed."*

Theories? This is established science and the disruptive hormonal effects of phytoestrogens were really brought to attention within the scientific community in the early 2000's. So, why do you lie? Why not admit that phytoestrogens are extremely potent and can really destroy your hormone profile, especially if you lack saturated fat and cholesterol in your diet that are crucial for hormone production.


Discovery of Phytoestrogens Effects
The disruptive hormonal effects of phytoestrogens were recognized as a significant area of study in the early 2000s, with a notable review published in 2007 discussing the endocrine-disrupting pathways of phytoestrogens and other compounds. 3 This period marked a growing awareness of how these plant-derived compounds could interfere with hormonal systems in humans and animals.
en.wikipedia.org
Phytoestrogen - Wikipedia
pmc.ncbi.nlm.nih.gov
Phytoestrogens and The...
sciencedirect.com
Phytoestrogens and xen...
+ 1 more
Phytoestrogens' Tissue Accumulation
According to biology, biochemistry, and physiology, phytoestrogens are poorly metabolized and broken down in the human body. This limited biotransformation leads to their accumulation in fat tissue. Here's a breakdown of the underlying mechanisms:
- Poor enzymatic conversion: Phytoestrogens, such as isoflavones and lignans, are resistant to enzymatic conversion by human cytochrome P450 enzymes and glucuronidation pathways. This reduces their ability to be effectively metabolized and excreted.
- Limited biliary excretion: Phytoestrogens are not efficiently excreted into the bile, which further hinders their elimination from the body.
- Fat tissue as a storage site: As a result of poor metabolism and limited excretion, phytoestrogens can accumulate in adipose tissue, particularly in areas with high lipid content, such as the breast, uterus, and adipose tissue.
This accumulation can have implications for human health, particularly in relation to estrogenic activity and potential effects on hormone regulation.

Plant-Based Foods Affect Hormones

Certain plant-based foods, including chocolate, contain phytoestrogens, which are plant compounds structurally or functionally related to ovarian and placental estrogens. These compounds can interact with the body's hormone systems, affecting estrogen and progesterone levels.

Phytoestrogens are plant-derived compounds that can mimic the effects of estrogen in the body. They can bind to estrogen receptors and potentially affect estrogen and progesterone levels in women, which may have various health implications.

> *"Plus, anti-nutrients aren't the only compounds in fruits and vegetables. They are also great sources of fiber, phytochemicals, and a wide variety of vitamins and minerals that are necessary for optimal health, Nussinow explained."*

Are you at Health.com really this stupid, as in mentally challenged? Fiber is extremely damaging to humans as our digestive tract is not designed for fermentation. Phytochemicals (phytonutrients) are defense chemicals and extremely damaging to our health. And the alleged "vitamins" and minerals in plants are not chemically compatible with humans, you fools! The conversion rate is abysmal and very toxic. So, you got everything wrong again! This article is embarrassingly bad.

According to biological and physiological perspectives, humans are classified as obligate hyper carnivores, meaning they primarily consume animal-based foods and do not require fiber from plant-based sources. Research suggests that the absence of fiber in the human diet actually improves digestion.

Key Findings

- Humans, as obligate hyper carnivores, have evolved to thrive on a meat-based diet, without a reliance on plant-derived fiber.
- **Studies demonstrate that the digestive system functions more efficiently without fiber**, indicating that the human body is adapted to process animal-based nutrients more effectively.
- The human gut morphology, including the size and structure of the small and large intestine, has evolved to optimize the absorption of animal-derived macronutrients, rather than plant-based fiber.

Phytonutrients and flavonoids are plant defense chemicals that have evolved to protect plants from herbivores, pathogens, and even humans. These compounds are produced by plants as a response to environmental stress, injury, or attack, and they play a crucial role in defending the plant against potential threats.

Chemical Differences: According to biology and biochemistry, plants are chemically different from humans, which affects the bioavailability of their nutrients.

- **Bioavailability and Conversion**: The nutrients in plants are not readily bioavailable to humans, and the conversion process can lead to oxidation, which may cause harm to the body.
- **Toxic and Damaging Defense Chemicals**: Plants contain toxic and damaging defense chemicals, such as phytochemicals, which can have both positive and negative effects on human health.
- **Antinutrients and Heavy Metals**: Plants also contain antinutrients, which can interfere with the absorption of nutrients, and heavy metals, which can be toxic to humans in large amounts.
- **Pesticide Residues**: Additionally, plants may contain pesticide residues, which can be harmful to human health if consumed in excess.

> *"The nutrient density of fruits and vegetables far outweighs the potential downsides associated with anti-nutrients, said Manaker."*

No, it does not, you imbecile. As proven by real science, the alleged "nutrients" in fruits and vegetables are not chemically compatible with humans, as humans are obligate hyper carnivores and not herbivores with extremely large guts and digestive systems.

You might be lucky to extract and convert 4 to 8 % of alleged vitamins and 10 to 60% of minerals and amino acids, all while putting an enormous toxic load on your body, and not to mention all the damage to our cells from antinutrients, defense chemicals, heavy metals, pesticide residues, carbohydrates (elevated blood glucose,) and fiber.

I covered all this in my article "*Plant Toxins, Accumulated Toxicity, Tissue Damage, And a Decreased Lifespan*."

> *"That being said, limiting the amount of anti-nutrients you're consuming in your diet isn't a bad idea, particularly if you're sensitive to these compounds and experience unpleasant gastrointestinal symptoms when you eat them."*

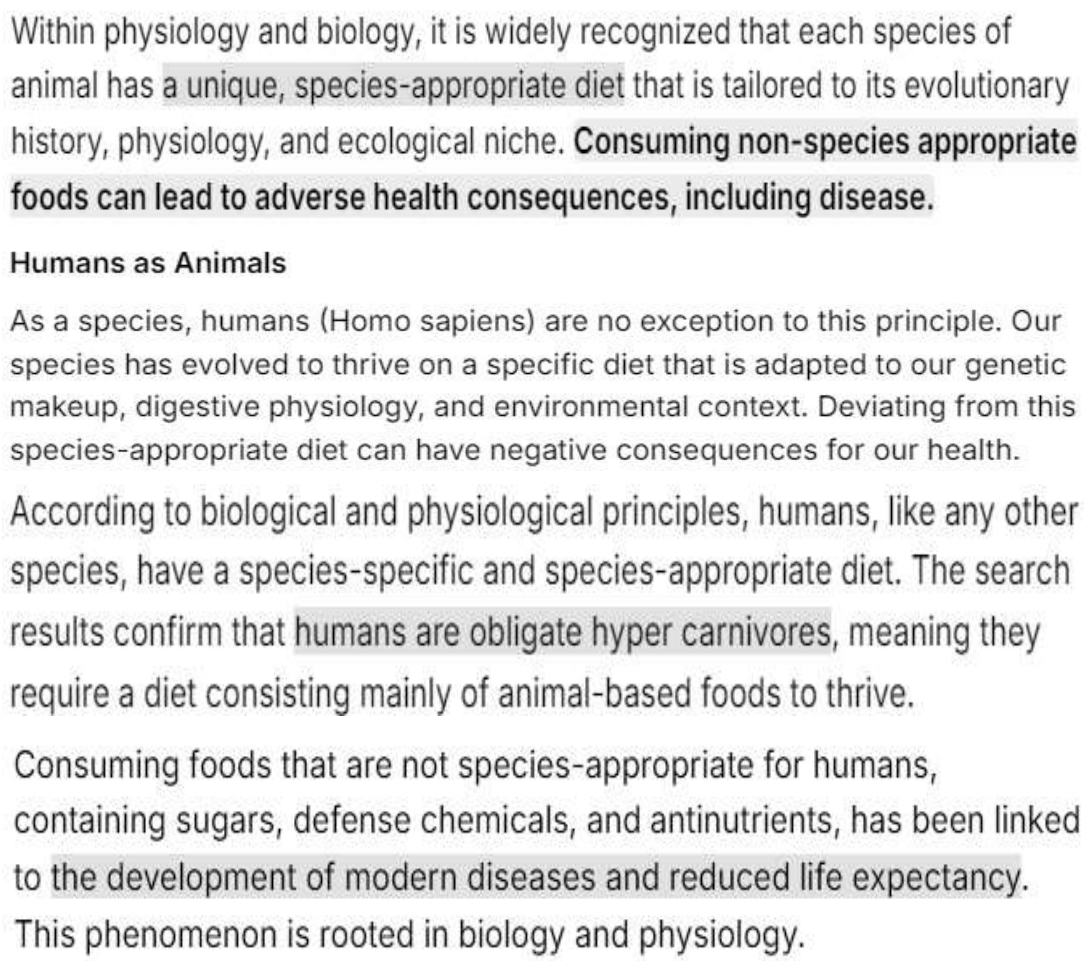
Are you mad? A developed sensitivity against something comes from the accumulated damage that has been done by that compound (as it is toxic,) as in repeatedly consuming a lot of unnatural non-species appropriate food. Your body is so damaged it can't keep up and adding more of the same toxic is now doing extreme damage, as for example passing through the intestinal wall and wreaking havoc in the bloodstream.

In the context of biology, physiology, and biochemistry, if you develop a sensitivity towards a compound, it suggests that the compound has the potential to cause harm. This sensitivity can arise due to the accumulation of damage from repeated exposure, leading to significant adverse effects on your health. Such compounds are classified as toxic because they can cause harm to living organisms, including humans, at certain doses or after prolonged exposure.
In summary, if you have developed a sensitivity to a compound, it is a sign that the compound is toxic and that the accumulated damage has reached a level where it can cause significant harm. This sensitivity underscores the importance of minimizing exposure to such compounds and seeking medical advice to manage the health impacts. 2 3
en.wikipedia.org
Toxicity – Wikipedia
toxicfreefuture.org
Get the Facts: Persistent...
+ 1 more

So, what you suggest is that you should eat this toxic filth and damage your intestines, organs and other tissues until you start to have severe symptoms every time you consume them, as a good little slave. Then you should only start to back off once you are so unhealthy that you can no longer tolerate them? Of

course, your doctor can prescribe you some toxic drugs that simply block the symptoms at that stage, making a nice profit. See how that works?

How about avoiding everything that is toxic and damaging to our body, to our health, as in avoiding everything that is plant-based, as it is not species-appropriate? That is the logical thing to do. Every living organism should follow its species-appropriate, species specific diet. And again, humans are obligate hyper carnivores.



Within physiology and biology, it is widely recognized that each species of animal has a unique, species-appropriate diet that is tailored to its evolutionary history, physiology, and ecological niche. **Consuming non-species appropriate foods can lead to adverse health consequences, including disease.**

Humans as Animals

As a species, humans (Homo sapiens) are no exception to this principle. Our species has evolved to thrive on a specific diet that is adapted to our genetic makeup, digestive physiology, and environmental context. Deviating from this species-appropriate diet can have negative consequences for our health.

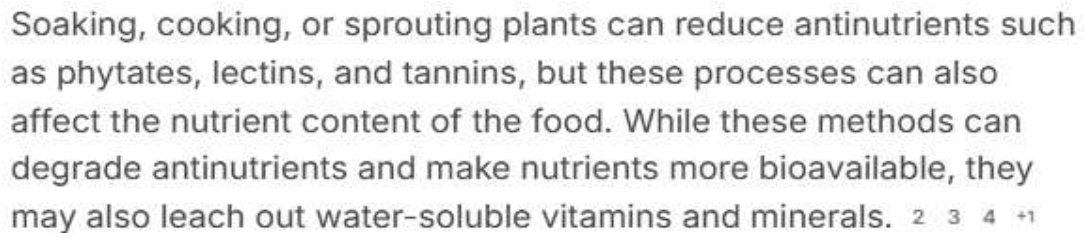
According to biological and physiological principles, humans, like any other species, have a species-specific and species-appropriate diet. The search results confirm that humans are obligate hyper carnivores, meaning they require a diet consisting mainly of animal-based foods to thrive.

Consuming foods that are not species-appropriate for humans, containing sugars, defense chemicals, and antinutrients, has been linked to the development of modern diseases and reduced life expectancy. This phenomenon is rooted in biology and physiology.

> *"Soaking, cooking, or fermenting beans and grains may also reduce their levels of anti-nutrients without requiring extensive dietary restrictions, she said. Sprouting (also known as germination) can help to reduce anti-nutrient content in grain products as well."*

Sorry, to burst your little bubble of complete insanity, but first and foremost, the reduction is very small, and it will also remove some of the few minerals. And secondly, how many animals in nature do you see soaking, cooking, or fermenting these inedible toxic plants? None? Exactly, it's frikkin' unnatural and simply proves how incredibly toxic and useless the plants are if you have to go through

such unnatural trouble to reduce the damage when consuming them by just a tiny bit. Total insanity.


Soaking, cooking, or sprouting plants can reduce antinutrients such as phytates, lectins, and tannins, but these processes can also affect the nutrient content of the food. While these methods can degrade antinutrients and make nutrients more bioavailable, they may also leach out water-soluble vitamins and minerals. 2 3 4 +1

And with that, the article came to its end and my hour is up. I have all this about antinutrients and defense chemicals and much more covered in my previous articles, all easily available though my article archives.

So, to summarize, while these government agents who want to keep you weak, dumbed-down, and dependent on their products, drugs, and medicines, do acknowledge antinutrients, they try to downplay their damaging effects while covering up everything else that is wrong with plants, and especially the simple biological fact that all so-called "nutrients" are chemically stored in plants in a way that makes them unavailable to us. And while we can convert a tiny bit of some of them, the toxic and damaging effects outweigh that little gain by far — simply making any plant-based food something that is extremely unhealthy, damaging and to be avoided at all costs.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, please consider donating to help pay the webhosting bills and keep the site running. And if you're interested in discussing and sharing information with likeminded people, consider joining our uncensored community at Ungovernable.se. Thank you!

---

https://bartoll.se/2025/02/antinutrients-one-problem-of-many/

If you wish to support my work